

PAY  
SOMEONE A  
COMPLIMENT

PRAY

WRITE A  
LETTER TO  
SOMEONE YOU  
CARE FOR

FAST

PRAY AN OUR  
FATHER FOR A  
PARTICULAR  
INTENTION

GIVE

DRINK ONLY  
WATER FOR  
A DAY

INTO  
THE  
DESERT

GO  
HEADPHONE  
FREE FOR A  
JOURNEY

PRAY A  
DECADE OF  
THE ROSARY

KEEP FROM  
GOSSIPING  
ABOUT  
OTHERS

OFFER UP  
SOME HARDSHIP  
FOR SOMEONE  
IN NEED

SPEND ONE  
HOUR PHONE  
FREE WITH  
YOUR FAMILY

TELL SOMEONE  
THAT JESUS  
LOVES THEM

PRAY A HAIL  
MARY FOR  
SOMEONE WHO  
IS STRUGGLING

CLEAR OUT  
YOUR OLD  
CLOTHES AND  
DONATE THEM

READ THE  
PASSAGE OF JESUS  
IN THE DESERT  
(MATTHEW  
4:1-11)

OFFER TO DO  
THE WASHING  
UP/HOOVERING  
/COOKING

LIST 5 THINGS  
YOU ARE  
GRATEFUL FOR

DONATE THE  
MONEY YOU  
HAVE SAVED  
FROM FASTING

GIVE UP THE  
SNOOZE BUTTON  
AND MAKE THE  
MOST OF YOUR  
MORNING

READ THE  
PASSION OF  
JESUS (JOHN  
18:1-19:42)

FAST FROM  
SNACKING  
BETWEEN  
MEALS

HELP YOUNGER  
SIBLINGS (OR  
SOMEONE ELSE)  
WITH THEIR  
HOMEWORK

SPEND 5  
MINUTES  
TALKING TO  
JESUS ABOUT  
YOUR DAY

ONLY BUY THE  
ESSENTIALS  
FOR A WEEK

SPEND  
QUALITY TIME  
WITH A FRIEND

VISIT YOUR  
PARISH/SCHOOL  
CHAPEL TO SAY  
A PRAYER

VISIT A  
RELATIVE OR  
FRIEND WHO  
MIGHT BE  
LONELY

BE PATIENT  
AND LEAVE  
OUT SARCASM

INVITE A  
FRIEND AND  
GO TO MASS  
TOGETHER

SAVE YOUR  
CHANGE AND  
GIVE IT TO  
CHARITY

TRY TO NOT  
COMPLAIN  
ABOUT THE  
LITTLE THINGS

ONLY BUY THE  
ESSENTIALS  
FOR A WEEK

LEAVE SOCIAL  
MEDIA ALONE  
FOR A DAY

GIVE SOMEONE  
A SMILE WHEN  
YOU WANT TO  
SCOWL

RECEIVE THE  
SACRAMENT OF  
RECONCILIATION

READ A BOOK  
INSTEAD OF  
WATCHING  
NETFLIX

PRAY THE  
STATIONS OF  
THE CROSS

GIVE YOURSELF  
A DECENT SLEEP  
AND FAST FROM  
LATE NIGHTS

CHAT TO  
SOMEONE YOU  
WOULDN'T  
NORMALLY

FOCUS ON WHO  
YOU'RE WITH  
RATHER THAN  
CHECKING YOUR  
PHONE

FIND OUT  
ABOUT A  
NEW SAINT

VOLUNTEER AT  
AN EVENT/  
CHARITY/GROUP  
FOR AN  
AFTERNOON

40  
DAYS  
OF  
CHALLENGES



TAG US IN YOUR CHALLENGES  
@SHREWSBURY\_YMT

LENT 2019

SHREWSBURY YOUTH MISSION TEAM